



## **NE Lincs SENDIASS Fact Sheet**

### **Bullying and SEN**

Bullying is defined as "behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally".

All parents want their child to be happy and safe at school, but sometimes other children's behaviour towards them can lead to unhappiness, anxiety and distress.

Bullying can occur in isolation between two individuals but frequently takes place in the presence of others.

#### **Bullying can include the following:**

- Name calling and teasing
- Threats
- Physical violence
- Damage to belongings
- Deliberate and frequent exclusion from social activities and groups
- Spreading malicious rumours
- Bullying by mobile phone, text messages
- Cyber-bullying – by email and through social media e.g. Snapchat, Instagram and TikTok.

Children who bully also need help from their parents and other organisations to understand why they bully and to change their behaviour. Some children become bullies because they have been bullied themselves.

#### **What are the signs that someone may be bullying my child?**

- Not wanting to go to school or leave the house on their own.
- Coming home with cuts, bruises or torn clothes.
- Possessions or dinner money being regularly "lost".
- Falling out with friends.
- Aggressive behaviour towards siblings.
- Not doing well at school.
- Low self-esteem and confidence.
- Being secretive

## **What can I do if I think my child is being bullied?**

- Talk to your child - gently encourage your child to talk, even if they become upset.
- Stay calm and listen – this will reassure your child.
- Focus on facts – what, where, who and how often.
- Ask how they felt.
- Show you take it seriously.
- Make clear it is not their fault.
- Tell your child you want to help, but be guided by them in deciding what to do.
- If your child won't talk to you, suggest they speak to someone else in confidence, such as Childline.
- Discuss who you should share this information with.

## **Encourage your child to deal with bullying by:**

- Staying around friends to avoid being alone
- Keeping away from people that intimidate them
- Ignoring comments or funny looks and walking away
- Being confident but not retaliating aggressively
- Keeping a diary of incidents – who, what, when and where
- Letting you or another adult know.

## **Help your child feel happier by:**

- Encouraging them to focus on the good parts of their life and to value existing friends
- Helping them find leisure activities to boost their confidence and find new friends
- Letting them know you love them and want to help them and that the bullying is not their fault.

## **If the bullying is related to school**

***Talk to the school*** - Knowing that you and the school understand the problems and are working together will help your child feel safe.

- Let the school know straight away.
- Arrange to meet a member of staff who your child suggests.
- Ask for a copy of the school's anti-bullying policy, which will explain how they deal with bullying.
- Talk to staff calmly.
- Report exactly what happened, how many times, when, where, and who was involved. If your child has kept a diary of events, take it with you.
- Be positive and let your child know that things will get better by working with the school.
- Understand that schools cannot share confidential information about other children.
- Agree ways to improve things rather than finding someone to blame.

If, after a reasonable amount of time, you feel the bullying is not being dealt with, ask the school for its complaints procedure.

Visit [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) for more information.

If you would like help or want to discuss how we can support you to resolve any problems please call;

NE Lincs SENDIASS on **01472 355365**

or email:

**[nelincs@barnardos.org.uk](mailto:nelincs@barnardos.org.uk)**

Visit our website: [www. https://barnardossendiass.org.uk/north-east-lincolnshire-sendiass/](http://www.https://barnardossendiass.org.uk/north-east-lincolnshire-sendiass/)



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